

FEBRUARY 2024

ST. BENEDICT  
CATHEDRAL SCHOOL



*Raven News*

## ANNOUNCEMENTS

- February 9 - Progress Reports
- February 14 - Ash Wednesday
- February 19 - School is in session
- March 20 - Middle School Play, "Cinderella: The Untold Story"

## FROM THE PRINCIPAL'S DESK

Dear Raven Families,

We completed a memorable Catholic Schools Week with our staff and students this past week. Many volunteers and supporters donated their time and treasures to make this successful for our St. Benedict students. Thanks to our CSW committee, chair Kristi Russler, and team members Heather Russler, Chris Matzen, Jacob Girtten, Mary Goedde, Tara Schaefer, and Malora Huggins. The students, families, and parish community also contributed donations for local and national nonprofits, and the school goal was that every charitable organization raise \$500 by Friday. We were successful!

- **Heifer International raised \$675.25**
- **Vanderburgh Humane Society raised \$674.35**
- **Tunnel to Towers raised \$953.21**
- **Alzheimer's Association raised \$647.36**

Our Come and See Night was a success, and postcards will be going out in the mail soon to families that live in our 47714 and 47715 districts. We value taking care of and supporting our neighborhood school and parish community. We are always looking to grow our Raven Family, and if you have interested families, ask them to call for a tour.

Lent begins with Ash Wednesday, February 14. It is a preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. Our first fish fry will begin on Friday, February 16. The Knights of Columbus will sponsor these meals in our school cafeteria every Friday except Good Friday. These fish fries are an opportunity for a delicious meal and fellowship.

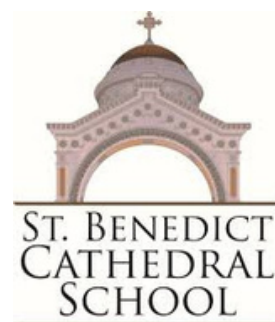
**IREAD and ILEARN** testing is around the corner. Please save these dates and remember to avoid scheduling appointments or travel during these windows.

IREAD (grades 2-3) March 4-15

ILEARN (grades 3-8) April 15-May 10

We appreciate your continued support in making our school and parish community the best.

Anchored in Faith,  
Laurie Schopmeyer



## OFFICE STAFF

**Laurie Schopmeyer**  
*Interim Principal*

lschopmeyer@evdio.org

**Bart Burke**  
*Dean of Students  
& Keyway*

bburke@evdio.org

**Ami Pitt**  
*Administrative Assistant*

apitt@evdio.org

*Teaching minds... Touching hearts... Shaping souls*

# CATHOLIC SCHOOLS WEEK 2024!



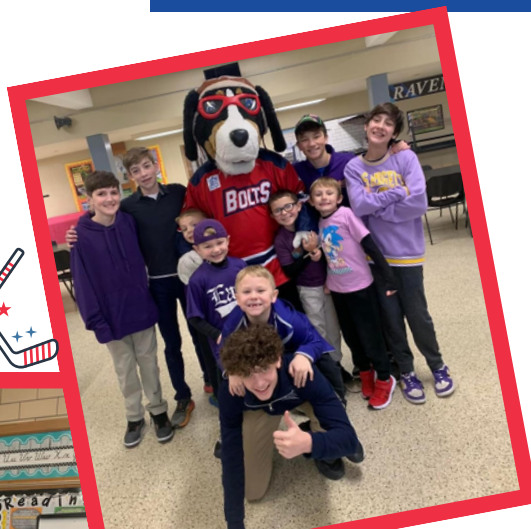
Stan Gouard, USI Men's  
Basketball Coach

So many special guests and activities,  
so much FUN!



Father Tyler Tenbarge

Evansville  
Thunderbolts  
Hockey Mascot,  
Aero



Movie time



CSW Mass



# BEST. WEEK. EVER.

....more from Catholic Schools Week 2024!



Channel 14 Meteorologist  
Byron Douglas & Extreme  
Weather Dress-Up Day



Student-led Mass



Blue-Out Day & Pep Assembly



Animal Tales



## WHY YELLING AT YOUR KIDS BACKFIRES

Getting out the door with children can feel like the most difficult task to accomplish, especially in the mornings before school. Is everyone dressed, teeth brushed, backpacks loaded up, lunches packed, the list goes on. It is easy to fall into a default of yelling to get our kids moving and doing what we need them to, particularly if we are feeling the rush to get ready and be somewhere ourselves. However, the science behind the human brain tells us yelling is counterproductive. Here's why.

1. Yelling places our children's brains into fight or flight mode. Yelling is seen as a threat. When any living being is threatened, their brain shuts down and goes into survival mode. When our brain is in survival mode, learning turns off. Our children are not able to effectively learn they need to get their shoes and jackets on and get out the door, even if they are complying in the moment out of fear.
2. Constant yelling can lead to anxious children. When our children are scared, their anxiety is stimulated. Cortisol is pumping through their body and inducing a stress response. Over time, this can build up and lead to negative effects like depression and low self-esteem. Again, a child may become compliant out of fear of messing up or being "bad". However, this fear-based compliance can become a detriment to their mental state.
3. Yelling can interfere with bonding and our connection to our children. Children desperately want to please us and receive our positive attention. Yelling hinders this. It is also hard to have empathy for one another when we are angry and feeling at odds. The easiest way to get everyone to cooperate is to emphasize our positive bond as a team. The more your family envisions themselves as a team who supports each other, the better everyone will be at cooperating and responding to requests the first time, before we feel triggered and the need to yell.
4. When we are dysregulated and yelling, we are not effectively teaching our children how to regulate their own emotions. This leads to children who yell and have a large emotional outburst when they are frustrated or upset. Yelling fuels more yelling.



One tool you can use is to whisper each time you feel the need to yell. Whispering sends calming signals to your brain, helping to regulate your own emotions. Whispering will also get your child's attention. They will probably look at you like you are crazy at first but embrace it if it means they actually hear you and respond! Remember to give yourself grace if you do yell. Then demonstrate the importance of repairing the relationship with your child by apologizing. Not yelling takes work, of course, and for most of us it takes a lot of time and practice to finally put an end to this unhelpful behavior. I know this social worker is making a Lenten resolution to take her own advice!

**Brooke Skipper is the Youth First Social Worker at St Benedict Cathedral School.**

**She is in the building Mondays/Tuesdays/Fridays 7:30-3:30. You can call the school to reach her personal extension or send her an email at [bskipper@youthfirstinc.org](mailto:bskipper@youthfirstinc.org). All contacts are confidential.**





# Lent

February 14-March 28, 2024

## Know the Story

### **The Christian Mythic Narrative with Msgr. James Shea**

To appreciate the gift of God in Christ, we need to understand who we are, where we have come from and where God is calling us. In other words, we need to know the story, the Christian story that helps us to make sense out of the chaos of the world. I invite you to join us in a 33-part series of reflections by Msgr. James Shea, who retells the Christian narrative in a compelling way. You will receive daily emails and can listen at your convenience. Click on the QR to subscribe on Flocknote or visit this link: <https://StBenedictCathedral.flocknote.com/KnowtheStoryLent>.



### **A visual walk on the Via Dolorosa through the Old City of Jerusalem**

Enhance your understanding of Jesus' walk to Calvary through this tour composed and narrated by Holy Land Catholic tour guide, Shafik Khbeis. Reflect on the passion of Christ as he made his way to Calvary for the sake of our salvation. This three-night series will be held March 6, March 13 and March 20 beginning at 6:30 pm in the Woodward Center immediately following the soup supper.

### **Ash Wednesday, Confessions, Stations of the Cross and Soup Suppers**



#### **Ash Wednesday Masses**

9:00 am  
12:10 pm  
5:30 pm

#### **Confession Schedule**

Tuesday-Friday	8:30-8:55 am
Saturday	9:30-10:00 am 3:30-4:00 pm

#### **Stations of the Cross (church) and Soup Suppers (Woodward Center) on Wednesdays of Lent**

February 21	5:30 pm Stations	6:00 pm Soup Supper	
February 28	5:30 pm Stations	6:00 pm Soup Supper	
March 6	5:30 pm Stations	6:00 pm Soup Supper	6:30-7:15 pm Via Dolorosa Video Part 1
March 13	5:30 pm Stations	6:00 pm Soup Supper	6:30-7:15 pm Via Dolorosa Video Part 2
March 20	5:30 pm Stations	6:00 pm Soup Supper	6:30-7:15 pm Via Dolorosa Video Part 3

### **Mark your calendars now for Holy Week Liturgies**

**Diocesan Chrism Mass** | *the holy oils are blessed, and priests renew their promises made at ordination*  
Tuesday, March 26 at 5:30 pm

**Holy Thursday Evening Mass of the Lord's Supper** | 7:00 pm

**Good Friday celebration of the Lord's Passion** | 3:00 pm

**Good Friday Burial Service** | 7:00 pm

**Holy Saturday Easter Vigil** | 8:00 pm

**Easter Sunday** | 8:00 am and 10:30 am

**Cash and Check Orders Are Due By: Friday, February 16, 2024**

*Los pedidos en efectivo y con cheque vencen antes de: viernes, 16 de febrero, 2024*

**Online Ordering Available Until: Friday, February 16, 2024**

*Ordenar en línea termina el: viernes, 16 de febrero, 2024*

Yearbook Options: <i>Opciones del anuario:</i>	
Softcover Yearbook .....	\$20.00

To order visit: **inter-state.com/order** and enter this code: **84166M**  
Or return envelope with cash or check payable to: Inter-State Studio & Publishing Co.

*Para ordenar visite: inter-state.com/order e ingrese el código: **84166M***  
*O regrese el sobre con efectivo o cheque a nombre de: Inter-State Studio & Publishing Co.*

**Tear At Perforation Above, Moisten Flap, Fold To Seal.**

**Enclose correct payment and return this envelope to school. Save top portion of this flyer for your reference.**

*Corte La Perforación de Arriba, Humedezca la Tapa, Doble para sellar. Incluya el pago correcto y regrese este sobre a la escuela. Guarde la parte superior de este volante para su registro*

**St Benedict Cathedral School**

<b>FIRSTNAME:</b> <small>Nombre:</small>	<input type="text"/>
<b>LASTNAME:</b> <small>Apellidos:</small>	<input type="text"/>
<b>TEACHER:</b> <small>Nombre del profesor:</small>	<input type="text"/>
<b>GRADE:</b> <small>Grado:</small>	<input type="text"/>

Payment by check is your express authorization that it may be converted into a one-time EFT from your account, and all returned checks or EFTs may be re-presented electronically along with a separate EFT or demand draft for the maximum returned check fee allowed by state law. For additional information: [www.statecheckfees.com](http://www.statecheckfees.com)

Pagos mediante cheque es su autorización expresa que se puede convertir en una sola vez (EFT) desde su cuenta, y todos los cheques regresados o EFT puede ser nuevamente presentados electrónicamente junto con un separado EFT o se demandará que se saque por la tarifa máxima del cheque regresado permitido por la ley estatal.  
Para información adicional: [www.statecheckfees.com](http://www.statecheckfees.com)

**PLACE YOUR ORDER**

Softcover Yearbook \$20.00 ☐

**TOTAL AMOUNT**

Use one envelope for each child — please do not fold currency.  
*Use un sobre por cada niño- Por favor no doble el dinero.*



# 2024 MEMORIAL TIGER FEEDER WRESTLING



WELCOME TO THE 2024 MEMORIAL FEEDER WRESTLING PROGRAM. THE STAFF AT MHS IS EXCITED TO CONTINUE OUR NEW FORMAT THAT FOCUSES ON INTRODUCING WRESTLING TO THE YOUNGER STUDENTS IN OUR PARTNER SCHOOLS.

**ELIGIBILITY**- THE PROGRAM IS OPEN TO K-4 GRADERS IN MEMORIAL PARTNER SCHOOLS

**COST**- THIS PROGRAM IS 100% FREE – SIMPLY SIGN UP AND JOIN OUR PROGRAM

**TEAM MAKE UP –** WRESTLERS WILL BE PLACED ON TEAMS ONCE SIGN UPS ARE COMPLETE. WE WILL DO OUR BEST TO KEEP WRESTLERS FROM THE SAME PARTNER SCHOOLS ON THE SAME TEAM WHILE ALSO PROVIDING THEM AN OPPORTUNITY TO WRESTLE MATCHES VERSUS WRESTLERS OF THE SAME AGE AND ABILITY.

**FORMAT -** THE 4 WEEK PROGRAM WILL CONSIST OF 2 PRACTICES A WEEK AND TEAM DUAL MEET COMPETITIONS ON SUNDAYS, CONCLUDING WITH THE MEMORIAL FEEDER LEAGUE CHAMPIONSHIP TOURNAMENT. ALL PRACTICES WILL BE AT MEMORIAL IN THE AUXILLARY GYM AND SUNDAY DUAL MEETS WILL BE AT MEMORIAL IN THE MAIN GYM.

## **2024 SCHEDULE OF EVENTS (ALL EVENTS AT MEMORIAL HS)**

### **PRACTICES – 5:30-7:00**

MONDAYS	THURSDAYS
	02/08/24
02/12/24	
02/19/24	02/22/24
02/26/24	02/29/24
03/04/24	03/07/24

### **MATCHES – 1:00, 2:00, 3:00 START TIMES**

SUNDAYS	
02/18/24	2 DUAL MEETS
02/25/24	2 DUAL MEETS
03/03/24	2 DUAL MEETS
03/10/24	FEEDER LEAGUE TOURNAMENT

**SIGNING UP IS EASY! SIMPLY CLICK THE LINK AND FILL OUT THE GOOGLE SHEET.**  
**SIGN UPS WILL CLOSE ON SUNDAY FEBRUARY 4TH.**

### **SIGN UP LINK**

<https://forms.gle/kjmNSQFqREF99bJ38>

WE WILL CONTACT THOSE WHO SIGN UP THE WEEK OF FEBRUARY 5TH WITH DETAILS

QUESTIONS?  
CALL JEFF SCHAEFER AT 812-589-9301  
OR EMAIL  
JEFFS@EISPORTSANDAPPAREL.COM

It's St. Ben's  
**BUNCO**  
TIME!

TUESDAY  
FEBRUARY 27TH

We can teach you if you don't know how to play!

ST. BEN'S WOODWARD CENTER

Registration: 5:30-6pm

Food: 6-6:30pm

Bunco 6:30-8pm

- \$5 ENTRY FEE
- PRIZES ARE BACK
- BRING A SNACK / APPETIZER  
& BEVERAGE OF YOUR CHOICE.



R.S.V.P to [speffinger@hotmail.com](mailto:speffinger@hotmail.com)  
or Lezza Stark @ 812-449-1881





# **2023 Memorial Lacrosse Spring Feeder League**

## **REGISTRATION NOW OPEN**

**For ages 7 – 14: U10, U12, U14**

**Registration form attached**

**Please return to [cliffrogers77@gmail.com](mailto:cliffrogers77@gmail.com) as soon as possible**

**Season begins Sunday, February 25**

**New athletes welcome!**

### **Spring Season General Information**

- All equipment (except mouthpieces and pelvic protection) will be provided but athletes are welcome to purchase their own.
- The first practice for all age groups will be held February 25 at Memorial High School.
- Practice location throughout the season may vary depending on field availability.
- Practices will be held a total of 2-3 times per week (including Sunday afternoons)
- Games will be played beginning in mid-March.
- The U12 and U14 age groups will complete their seasons by participating in conference and state tournaments in mid-May. (There are currently no conference/state tournaments for the U10 age group.)
- Detailed game and practice information will be sent through the TeamSnap app
- Parent volunteers/coaches are needed to ensure the most rewarding experience for the student athletes. No lacrosse experience or knowledge of the game is necessary to assist.
- All athletes must obtain a USA Lacrosse number through [usalacrosse.com](http://usalacrosse.com). Membership is required to participate in youth lacrosse.

**Fee: \$185**

### **Questions**

- Contact Cliff Rogers at 812-204-3486 or at [cliffrogers77@gmail.com](mailto:cliffrogers77@gmail.com)

## MEMORIAL LACROSSE EMERGENCY CONTACT

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

GRADE AND SCHOOL: \_\_\_\_\_ SHIRT SIZE: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ SHORT SIZE: \_\_\_\_\_

FATHER'S NAME: \_\_\_\_\_

MOTHER'S NAME: \_\_\_\_\_

FATHER'S EMAIL: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

MOTHER'S EMAIL: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

FAMILY DOCTOR: \_\_\_\_\_ PHONE: \_\_\_\_\_

FAMILY DENTIST: \_\_\_\_\_ PHONE: \_\_\_\_\_

PREFERRED HOSPITAL: \_\_\_\_\_ KNOWN ALLERGIES: \_\_\_\_\_

IF ABOVE PERSONS CAN NOT BE CONTACTED, LIST TWO OTHER PERSONS

1. \_\_\_\_\_ PHONE: \_\_\_\_\_

2. \_\_\_\_\_ PHONE: \_\_\_\_\_

USLACROSSE NUMBER \_\_\_\_\_ EXPIRATION DATE \_\_\_\_\_

FOR MEMORIAL USE:

HELMET: \_\_\_\_\_ CHEST PROTECTOR: \_\_\_\_\_

ELBOW PADS: \_\_\_\_\_ GLOVES: \_\_\_\_\_

STICK: \_\_\_\_\_

PAYMENT (\$185.00): \_\_\_\_\_  
\_\_\_\_\_





# **Eastside Tigers Rural League Fastpitch Softball**

Sign-ups for Girls PreSchool - 8<sup>th</sup> to play on the Eastside Tigers (Memorial Feeder) T-Ball, U-8, U-10, U-12 and U-14 teams are currently being accepted.

We will do our best to assign players to teams based on past teams, players school and any special circumstances.

## **To sign up:**

Use the link to sign up for T-Ball through U14 (Feeder)

<https://forms.gle/NGzisVPPgRQTtP7Z7>

If you have questions, email them to [EASTSIDETIGERSOFTBALL@GMAIL.COM](mailto:EASTSIDETIGERSOFTBALL@GMAIL.COM) or call Amy at 812-204-6393

## **Team age levels**

Tee Ball - PreSchool, Pre-K and Kindergarten (Boys and girls)

U-8 Grades 1<sup>st</sup> - 2<sup>nd</sup>

U-10 Grades 3<sup>rd</sup> - 4<sup>th</sup>

U-12 Grades 5<sup>th</sup> - 6<sup>th</sup>

U-14 Grades 7<sup>th</sup> - 8<sup>th</sup>

**Complete registration form & pay fee by February 19.**

*The number of Competitive and Recreational teams will be determined by the number of sign-ups.*

**8U-14U:** Practice starts in March and games start early April.

**T-Ball:** Games will start in April and will be played at Holy Rosary.



**ANNOUNCING**

# **RMHS PTO Trivia Night!**

**Proceeds benefit annual PTO scholarship**

**Saturday, February 24, 2023**

**Doors open at 5:45 with trivia at 6:30 PM**

**St. Benedict Cathedral Woodward Hospitality Room**

**Adults 21 and over may register as a team or Individually \$20 per person**

**Cash bar/team funpack/silent auction**

**Register:** <https://public.eventlink.com/tickets?t=68061>







*St. Ben's*

# PICKLEBALL

**STARTS BACK FEBRUARY 4th**

**Sundays: 4-6pm AND  
Wednesdays 6:30-8:30pm**

IN ST. BEN'S GYM • EQUIPMENT PROVIDED  
Annual \$5 donation per person

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FOR MORE INFORMATION, PLEASE CALL LISA ROTH 812-473-1702





**ST. Ben's**

# PICKLEBALL



**CALENDAR UPDATES!**

**Please note:**

**FEBRUARY 11 (Super Bowl Sunday) NEW TIME IS 2-4pm**  
**NO PICKLEBALL on ASH WEDNESDAY, FEBRUARY 14th**

## SHAQ Active Consent Template – Spring 2024

2/2/24

Dear Parent or Guardian:

**St Benedict Cathedral School** is preparing to measure physical activity and nutrition behaviors using a web-based survey. Students in grades three and above will participate in the Student Health Assessment Questionnaire (SHAQ). The purpose of this surveillance is to assess the need to improve our nutrition and physical activity practices and to better understand if our efforts are improving the health of students. Questions on the survey assess students' physical activity and eating behaviors. The technology teacher will administer the questionnaire in early April.

**The School Wellness Coordinator, Laurie Schopmeyer** will supervise all measurement processes and will ensure your child's privacy is respected at all times. Your child's questionnaire data will remain strictly anonymous.

You can view the survey on our website: <https://bit.ly/48zrNP3>

Please indicate below if you would like your child to participate in the survey:

- ☐ Yes, my child may participate in the survey.
- ☐ No, my child may not participate in the survey.

Child's First & Last Name: \_\_\_\_\_

Child's Teacher: \_\_\_\_\_



Students in grades 3-8 are taking the SHAQ survey in the spring.

**Background:**

St Benedict School is an Upgrade School that administers the Student Health Assessment Questionnaire (SHAQ) to students in grades three and above during their grant's first and third years to assess their nutrition and physical activity behaviors. Because Upgrade is focused on promoting strategies that encourage healthy eating and physical activity during the school day, it is essential to measure student health behaviors (e.g., fruit and vegetable consumption, physical activity) throughout the grant cycle to determine the program's effectiveness. The SHAQ instrument is a validated self-assessment tool adapted from the well-known and widely researched Student Physical Activity and Nutrition Survey (SPAN). Results of the SHAQ are de-identified and only reported in aggregate at the school level.

This link gives parents of students enrolled the right to view and inspect the survey that students will take.

**Publicly Post**

<https://bit.ly/48zrNP3>

# Adoration is for everyone.

The most powerful thing we can do on this earth with our time is to spend it in Eucharistic adoration. Nothing can do more to change the world, to bring about peace, to convert hearts, to make reparation for the many evils committed. Spending time in prayer may seem, on the outside, to be a passive thing; however, it is anything but! Our world is in desperate need of hope, of renewal, of a 'turning back' to the things of God. By visiting Our Lord in the Blessed Sacrament, we take up the best weapon for the battles of our age and contribute to the healing of our culture. Cultivating a Eucharistic life of adoration also bears tremendous fruit in our own hearts and lives. We cannot spend time in the rays of His Eucharistic Presence without receiving His grace, His love, His mercy, His peace. As we gaze upon Him Face to face, we are transformed little by little into a closer reflection of His divine image."

—Poor Clares of Perpetual Adoration, p. 37-38

Please consider spending time in  
Eucharistic Adoration this Lenten Season.

What times are available? Any time that works for you!  
Call Lisa Roth at 812-473-1702 with questions.




This institution is an equal opportunity provider.

# Saint Benedict Cathedral School

## February 2024



Monday	Tuesday	Wednesday	Thursday	Friday
			1 <b>Papa John's Pizza</b> Fresh Veggies Baby Carrots Salad Fruit Treat Milk <b>Alt: Uncrustable w/ String Cheese</b>	2 <b>Grilled Cheese bites</b> Tortilla Scoops Salsa Hummus Salad Fruit Milk <b>Alt: Uncrustable w/ String Cheese</b>
5 <b>Grilled Chicken Taco</b> Tortillas Chips Salsa Salad Fruit Milk <b>Alt: Uncrustable w/ String Cheese</b>	6 <b>Cheese Ravioli with Texas Toast</b> Salad Fresh Veggies Fruit Milk <b>Alt: Uncrustable w/ String Cheese</b>	7 <b>Chicken Tenders</b> Mashed Potatoes Peas Fruit Roll Milk <b>Alt: Uncrustable w/ String Cheese</b>	8 <b>Hamburger/Cheeseburger</b> Baked Beans Sweet Fries Fruit Milk <b>Alt: Uncrustable w/ String Cheese</b>	9 <b>Papa John's Pizza</b> Salad Fresh Veggies Fruit Milk Chocolate Chip Cookie <b>Alt: Uncrustable w/ String Cheese</b>
12 <b>Corn Dog</b> Seasoned Potato Wedges Baked Beans Fruit Milk <b>Alt: Uncrustable w/ String Cheese</b>	13 <b>Chicken and Waffle</b> Waffle Fries Fresh Veggies Fruit Milk Ice Cream (Happy Fat Tuesday) <b>Alt: Uncrustable w/ String Cheese</b>	14 <b>Fun Shapes Fish Nuggets</b> Chips Mac & Cheese Green Beans Fruit Milk <b>Alt: Uncrustable w/ String Cheese</b>	15 <b>Crispy Chicken Sandwich</b> French Fries Baby Carrots Fruit Milk <b>Alt: Uncrustable w/ String Cheese</b>	16 <b>Papa John's Pizza</b> Salad Fresh Veggies Fruit Cheddar Goldfish Crackers Milk <b>Alt: Uncrustable w/ String Cheese</b>
19 <b>Crispy Chicken Strip Taco</b> Tortilla Scoops Salsa Salad Shaker Refried Beans Fruit Milk <b>Alt: Uncrustable w/ String Cheese</b>	20 <b>Hot Dog on a Bun</b> French Fries Salad Shaker Fruit Milk <b>Alt: Uncrustable w/ String Cheese</b>	21 <b>Chicken Tender</b> Corn Mashed Potatoes Fruit Roll Milk <b>Alt: Uncrustable w/ String Cheese</b>	22 <b>Freshly Baked Donut Fruit Smoothie</b> Baby Carrots Tater Tots Fruit Milk <b>Alt: Uncrustable w/ String Cheese</b>	23 <b>Papa John's Pizza</b> Fresh Veggies Salad Fruit Cheddar Goldfish Crackers Milk <b>Alt: Uncrustable w/ String Cheese</b>
26 <b>Mini Cinnis Yogurt</b> Tater Tots Baby Carrots Fruit Milk <b>Alt: Uncrustable w/ String Cheese</b>	27 <b>Walking Taco</b> Salad Shaker Refried Beans Fruit Milk <b>Alt: Uncrustable w/ String Cheese</b>	28 <b>Chicken Nuggets</b> Mashed Potatoes Corn Fruit Roll Milk <b>Alt: Uncrustable w/ String Cheese</b>	29 <b>Happy Leap Day! Frog &amp; A Log (Chicken Fries &amp; Warm Pretzel Stick)</b> Lily Pads (Slice Cucumbers w/ Ranch & Salad) Tasty Tadpoles (Trail Mix) Leaping Power Punch Milk <b>Alt: Uncrustable w/ String Cheese</b>	

Lunch \$3.25

Side Item \$ 0.75

Milk \$0.50

Smart Snack \$1.00

Large Water \$1.00

Small Water \$0.50

**FREE** Extra Fruit and Vegetables  
(Potato and Juice products excluded)

**FREE** Cups are provided  
to fill water at the water fountain